



# FLU: Pandemic/Bird

## Plan. Prepare. Protect.

County of San Diego

	SEASONAL FLU	BIRD FLU	PANDEMIC FLU
What is it?	<b>Human influenza (flu):</b> <ul style="list-style-type: none"> <li>More severe than the common "cold."</li> <li>Periodic outbreaks are caused by flu viruses that circulate among people.</li> </ul>	<b>Bird flu, or avian influenza:</b> <ul style="list-style-type: none"> <li>Viruses affect wild birds and typically do NOT infect humans.</li> <li>Current outbreak of bird flu that began in Southeast Asia is caused by avian influenza A (H5N1).</li> <li>Millions of birds have died and some humans have developed disease.</li> </ul>	<b>A pandemic is an outbreak that occurs worldwide and affects many people. Pandemics:</b> <ul style="list-style-type: none"> <li>Caused by new types of flu viruses (typically an animal virus such as bird flu).</li> <li>Can cause severe disease in humans.</li> <li>Are transmitted from person-to-person.</li> </ul>
How is it spread?	<ul style="list-style-type: none"> <li>Passing it to someone else through coughing or sneezing.</li> <li>By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose.</li> </ul>	<ul style="list-style-type: none"> <li>Migratory birds like ducks can carry the H5N1 flu virus and often do not have symptoms.</li> <li>Humans catch the disease through close contact with infected birds or their surroundings.</li> <li>In rare cases the disease has passed from person-to-person.</li> </ul>	<ul style="list-style-type: none"> <li>From one person to another through coughing or sneezing.</li> <li>By touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose.</li> </ul>
Dangers?	<ul style="list-style-type: none"> <li>Most people who develop significant illness recover within 7 to 10 days.</li> <li>Some people may take longer to recover.</li> </ul>	<ul style="list-style-type: none"> <li>About 50% of people infected with bird flu have developed serious illness and died.</li> </ul>	<ul style="list-style-type: none"> <li>Experts predict as many as 25% of people worldwide could become ill.</li> <li>Experts think about 1-5% of those who develop disease would die.</li> <li>Predicting exactly who would be at the greatest risk is difficult.</li> </ul>
Treatment?	<ul style="list-style-type: none"> <li>Most people recover without medication.</li> <li>Antiviral drugs (used for vulnerable individuals) must be started within 48 hours of onset of symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>Antiviral drugs may improve the outcome or shorten the illness if taken early.</li> <li>Information on the usefulness of these drugs is very limited at this time.</li> </ul>	<ul style="list-style-type: none"> <li>We do not know if the antiviral drugs will work.</li> </ul>
Vaccine?	<ul style="list-style-type: none"> <li>Seasonal flu vaccination is available through your healthcare provider.</li> </ul>	<ul style="list-style-type: none"> <li>No human vaccine is currently available for H5N1 bird flu.</li> <li>Several companies are developing and testing such a vaccine.</li> </ul>	<ul style="list-style-type: none"> <li>Annual flu vaccine will not protect against pandemic flu.</li> <li>A targeted vaccine can only be developed once a pandemic starts and the virus is identified.</li> <li>May take 4-6 months to produce.</li> </ul>
Protect yourself?	<ul style="list-style-type: none"> <li>Get an annual flu vaccine.</li> <li>If appropriate, get the pneumococcal ("pneumonia") vaccine.</li> <li>Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.)</li> <li>Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer.</li> <li>Avoid touching your eyes, nose and mouth.</li> <li>Avoid close contact with those that are sick.</li> </ul>	<ul style="list-style-type: none"> <li>Avoid contact with sick or dying birds in affected countries.</li> <li>Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.)</li> <li>Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer.</li> <li>Avoid touching your eyes, nose and mouth.</li> <li>Avoid close contact with those that are sick.</li> </ul>	<ul style="list-style-type: none"> <li>Cover your mouth and nose when you cough. (Use a tissue and throw it away when finished.)</li> <li>Wash your hands often, using soap and warm water or an alcohol-based hand sanitizer.</li> <li>Avoid touching your eyes, nose and mouth.</li> <li>Avoid close contact with those that are sick.</li> <li>Clean surfaces that are touched often such as phones, computer keyboards, water faucets, and door and refrigerator handles.</li> <li>If appropriate, get the pneumococcal ("pneumonia") vaccine.</li> </ul>

